

The [Veterans Health Administration](#) provides healthcare to millions of veterans across the country. Quality healthcare is one of the promises this country makes to the men and women who serve in uniform, and I am firmly committed to making sure that each and every veteran has the best possible healthcare.

In the Hudson Valley we are fortunate to have a number of [VA healthcare facilities](#) to serve our veterans and a number of

[advocates for veterans](#)

who can help you receive your healthcare benefits. To find out if you are eligible for VA healthcare, you can use the

[VA's website](#)

. You can also

[apply online for VA healthcare benefits](#)

, or view the

[VA's My HealtheVet website](#)

If you are already enrolled in VA healthcare and need to use medical services at a non-VA facility (such as at an emergency room) you may be able to have these services paid for by the VA. If you think you may be eligible for this benefit or just would like to learn more, you can visit the [VA's website](#) or contact a [veteran service officer](#) for more information.

The VA's healthcare system has made tremendous strides in the past 20 years, and many veterans who are reaching retirement age are turning back to the VA. If you have had a bad experience in the past, or have been warned off of using the VA, I strongly encourage you to reexamine the VA. It is your benefit, and you earned it.

The DOD also operates a number of healthcare networks for active duty service members and their families as well as military retirees and their families. The primary networks are [TRICARE](#) for

service members and their families and

[TRICARE for Life](#)

for retirees.

Here are a few links to other resources about TRICARE programs:

- [TRICARE North](#) , New York's TRICARE provider
- [Military.com resources on TRICARE](#)
- [Military.com resources on TRICARE for Life](#)
- [MyTRICARE.com](#)

Long-term chronic care can also be very challenging for many veterans and their families.

Veterans may avoid or reduce expenses by qualifying for the excellent care available in a VA [Veterans Nursing Home](#)

. Also, all Honorably-discharged Veterans of NYS are potentially eligible for the five [New York State Veterans Homes](#)

, the closest being at

[Montrose](#)

. You can speak with a

[veterans service officer](#)

to determine your eligibility, and

[counselors](#)

are available at the State Veterans Homes to file for additional VA benefits and to assist with Medicaid filing.